

# TRUMBULL

## SENIOR CITIZEN NEWSLETTER

23 Priscilla Place, Trumbull, CT • Open Monday through Friday 9:00 a.m. – 4:00 p.m.

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### AUGUST 2010

**Activities are open to Senior Center Members Only.** Registration fee for residents are \$5.00 and \$10.00 non-residents. An additional fee of \$3.00/ \$4.00 will be charged (depending on town of residency) for mailing of the newsletter. Membership renewals are past due for 2010/2011 fiscal year.



#### Susan B Salon

We now have a hair salon located in our lower level. Services include hair cuts for women and men, manicure and pedicures. For more information on salon hours and prices, please refer to the flyer enclosed.



#### August Bingo Game

August 13 (Friday) at 1:00 p.m. in the Functions Room

Games are free of charge.

Refreshments will be served.

Please RSVP 203-452-5199



#### Senior Center Picnic

Tuesday, September 14 • Noon – 3:00p.m.

At the Town Hall Green

Sponsored by the Trumbull Rotary Club

Seating limited. You must pick up tickets at the Senior Center.



There have been requests for Tatting class, Spanish lessons and Art Class. If you are interested in any of these classes please call 203-452-5199 to pre-register. Only those classes with a large interest will be offered. Your participation will help us determine if any or all of these classes will be made available.

## **News from the Social Services Office**

- **Applications for the Renter's Program for Elderly and Disabled** will continue until September 15, 2010. Income cannot exceed **\$32,300 (single)** and **\$39,500 (married)**. Applicant must be age 65 prior to December 31, 2009 or totally disabled by December 31, 2009. You must provide the following documentation: proof of all income year 2009, including federal income tax if filed. At this time, you will be required to provide proof of rent, and utilities paid for 2009.

**Call Social Services to schedule an appointment (203) 452-5198 (NO WALK-INS). Home visits are available.**

**\*Trumbull summer beach bags are available for \$10.00, proceeds to benefit the Trumbull Social Services Food Pantry. They are available at the Senior Center or Town Hall (Tax Collector's Office).**

- **The Trumbull Food Pantry is available to all residents. Please call in advance for an appointment.**

### **Nurses Corner by Gail Ondy**

**There will be no chair exercise from August 5 through August 19. Reminder, stay cool drink plenty of water and indoors on extremely hot days. I will be out of the office from August 5 through August 19. See you soon!**

### **Fund Raiser**

**Thanks for your continued support of recyclable bottles and cans to benefit our beautification fund. We are also receiving a large amount of can tabs for the Ronald McDonald House care facilities.**

# AUGUST 2010 CALENDAR

<b>MONDAY</b> Aug 2,16 & 30 Aug 9& 23	9:00 A.M.	NURSE AVAILABLE UNTIL 3:00 P.M.....	SOCIAL SERVICES
	.....	YOGA.....	FUNCTION ROOM
	.....	STRENGTH & CARDIO CLASS.....	FUNCTION ROOM
	10:00 A.M.	BRIDGE GAME.....	SNACK BAR
	NOON	WOMEN'S POKER GAME.....	CARD ROOM
	.....	DUPLICATE BRIDGE.....	MEETING ROOM
<b>TUESDAY</b>	1:00 P.M.	BEGINNER'S LINE DANCE.....	FUNCTION ROOM
	9:15 A.M.	FIT FOR LIFE EXERCISE	FUNCTION ROOM
	9:30 P.M.	CLASS.....	T.V. ROOM
	10:00 A.M.	KNIT AND CROCHET CLASS.....	MEETING ROOM
	10:30 A.M.	ART CLASS.....	FUNCTIONS ROOM
	11:00 A.M.	BALLROOM	T.V. ROOM
	11:30 A.M.	DANCE.....	FUNCTIONS ROOM
	12:30 P.M.	Wii	CARD ROOM
	.....	GAMES.....	CARD ROOM
	.....	ZUMBA LESSONS.....	FUNCTIONS ROOM
	1:00 P.M.	MEN'S POKER	FUNCTION ROOM
		GROUP.....	
<b>WEDNESDAY</b>		MEXICAN TRAIN DOMINOES.....	
		BEGINNERS LATIN LINE DANCE.....	
		TAI-CHI.....	
	9:00 A.M.	YOGA.....	FUNCTION ROOM
	11:00 A.M.	TAP DANCE.....	FUNCTION ROOM
	NOON	PINOCHLE CLUB.....	MEETING ROOM
	12:30 P.M.	COUNTRY WESTERN LINE DANCE.....	FUNCTION ROOM
<b>THURSDAY</b>	9:00 A.M.	STRENGTH & CARDIO.....	FUNCTION ROOM
	.....	NURSE AVAILABLE.....	SOCIAL SERVICE
	10:00 A.M.	SLIM APPROACH.....	T.V. ROOM
	11:00 A.M.	CHAIR EXERCISE WITH NURSE GAIL ONDY..	MEETING ROOM
	.....	TAI- CHI.....	FUNCTION ROOM
	.....	DRAWING AND WATER COLOR CLASS...	MEETING ROOM
	1:00 P.M.	JAZZERCISE.....	FUNCTIONS ROOM
	.....	CANASTA.....	CARD ROOM
	.....	PINOCHLE.....	MEETING ROOM
	2:00 P.M.	.	FUNCTIONS ROOM
<b>FRIDAY</b>		COMPETITION BALLROOM DANCE	
		LESSONS..	
	9:00 A.M.	NURSE AVAILABLE.....	SOCIAL SERVICES
	.....	AEROBICS.....	FUNCTION ROOM
	NOON	WOMEN'S AND MEN'S POKER CLUB.....	CARD ROOM
	12:30 P.M.	MAH JONGG.....	MEETING ROOM

Senior Commission meetings suspended during the summer months.

## Senior Community Café

203-814-3641

## AUGUST 2010

Meals served Monday through Friday at noon. For reservations call 10:00 a.m. – noon **203-814-3641**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2</b> Veal Cutlet with Sauce	<b>3</b> Eggplant Rولاتini	<b>4</b> Butter Crunch Fish	<b>5</b> Hawaiian Chicken Quarter	<b>6</b> Swedish Meatballs
<b>9</b> Confetti Quiche	<b>10</b> BBQ Pork Sandwich	<b>11</b> Whole Wheat Spaghetti & Sauce	<b>12</b> Chunky Chicken Salad	<b>13</b> Roast Turkey
<b>16</b> Lemon Pepper Fish	<b>17</b> Philly Cheese Steak	<b>18</b> Pasta Fagioli	<b>19</b> Stuffed Pepper	<b>20</b> Country Beef Stew
<b>23</b> Light Crunch Chicken	<b>24</b> Salisbury Steak	<b>25</b> Roast Turkey With Gravy	<b>26</b> Stuffed Shells	<b>27</b> Manhattan Clam Chowder and Seafood Salad
<b>30</b> Veal Cutlet with Sauce	<b>31</b> Eggplant Rولاتini			

# Travel Corner

The senior center contracts with individual travel agencies. Upon registration you will be informed of the tour company your check is to be made payable. All trips have limited seating and are on a first come first serve basis. For more information call 203-452-5199.

**August 17 (Tuesday) Mohegan Sun, Includes Buffet and free bet. \$22 p.p.**

**September ( TBA ) The Big E, Massachusetts**

**October 16 Depart to Keene, NH for the annual Pumpkin Festival. \$51.00 p.p.**  
**Saturday** The festival features food and craft vendors, live entertainment and a children's costume parade. Entertainment throughout the day featuring many different artists and dancers. As dark begins to settle, enjoy the luminous glow of pumpkins. Bring the whole family!

**Tribute To Frank Sinatra**  
**Thursday, August 26 at 1:00 p.m.**  
**Held In The Senior Center Court Yard**  
**Join D.J. Richie for a look back at the**  
**“Good OL Days”**  
**Includes Hot Dog or Hamburger, Potato**  
**Salad, Macaroni Salad and Ice Cream**

Notary Public is available at the Senior Center. We advise that you call 452-5199 for an appointment. The cost for each transaction is a \$5.00 fee.

### **August Shopping Trip**

**August 11- Christmas Tree Shop** Bus leaves the Senior Center at 10:30 a.m. and returns at 2:30 p.m. For reservation please call (203) 452-5199.

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**August 25 Wal-Mart** Bus leaves the Senior Center at 10:30 a.m. and returns at 2:30 p.m. quick stop for lunch. For reservation please call (203) 452-5199.

### **THANK YOU FOR YOUR SUPPORT**

We received many donations of office supplies. I want to thank everyone for their most generous donations. We can use note paper, small paper pads, copy paper, scotch tape, masking tape, markers and color

### ***Senior Center Café***

**Open daily for breakfast and lunch.**  
**(Take out orders available)**  
**The café is located on the**  
**Center's main level**  
**Stop in or call 203-452-5199**

